

2007-2008 Virginia Swimming Long Course
Zone Team Top 10
July 2008, Age Up Date = 8/6/2008

Women 13-14 50 Free

1	28.08 L	F	Summa, Athena	13	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
2	28.34 L	F	Bishop, Gabrielle R	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
3	28.43 L	F	Jones, Kaitlin S	14	SQST	-	VA 5/24/20082008 PV Virginia State LC Champs
4	28.57 L	P	Ward, Colleen A	14	CGBD	-	VA 6/5/20082008 NC Charlotte UltraSwim
5	28.61 L	P	Roseberry, Natalee	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
6	28.62 L	F	Areson, Christine J	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	28.91 L	F	Kula, Audrey C	14	QDD	-	VA 6/7/2008Rays LC A/BB/B/C Meet
8	28.92 L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
9	28.94 L	F	Augst, Hannah K	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
10	29.10 L	F	Turner, Heidi E	13	QDD	-	VA 6/7/2008Rays LC A/BB/B/C Meet

Women 13-14 100 Free

1	1:01.04 L	P	Jones, Kaitlin S	14	SQST	-	VA 5/24/20082008 PV Virginia State LC Champs
2	1:02.02 L L	F	Roseberry, Natalee	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
3	1:02.29 L	F	Buscaglia, Caroline O	13	SQST	-	VA 5/24/20082008 PV Virginia State LC Champs
4	1:02.32 L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
5	1:02.57 L	P	Ward, Colleen A	14	CGBD	-	VA 6/5/20082008 NC Charlotte UltraSwim
6	1:02.65 L	P	Gray, Nicole A	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	1:03.05 L	F	Edsall, Kacy	14	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
8	1:03.24 L	F	Flinn, Mary	14	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
9	1:03.60 L L	F	Harper, Holly	14	GATR	-	VA 3/27/20082008 Central Zone Section 3 Champio
10	1:03.89 L	P	Smith, Haley B	13	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours

Women 13-14 200 Free

1	2:10.52 L	F	Jones, Kaitlin S	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
2	2:13.54 L	F	Snidow, Lindsay	14	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
3	2:14.18 L	F	Gray, Nicole A	13	NOVA	-	VA 6/20/2008Coventry Commonwealth Games of Vir
4	2:15.72 L	F	Smith, Haley B	13	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
5	2:16.31 L	F	Baker, Lauren R	14	UNSQ	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
6	2:16.54 L	P	Iverson, Kayla N	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
7	2:17.54 L	P	Carner, Amanda D	14	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
8	2:17.71 L	F	Maltby, Elizabeth E	13	PSDN	-	VA 6/20/20082008 NC HPSC 20th Furniture City Invit
9	2:17.72 L	F	Ward, Colleen A	14	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
10	2:17.97 L	F	Winston, Lindsey J	14	BAC	-	VA 6/7/2008Rays LC A/BB/B/C Meet

Women 13-14 400 Free

1	4:36.36 L	F	Jones, Kaitlin S	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
2	4:43.01 L	F	Snidow, Lindsay	14	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
3	4:43.42 L	P	Iverson, Kayla N	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
4	4:43.79 L	P	Gray, Nicole A	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
5	4:44.85 L	F	Baker, Lauren R	14	UNSQ	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
6	4:46.02 L	P	Carner, Amanda D	14	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	4:47.19 L	F	Fredericksen, Sarah	13	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
8	4:48.15 L	P	Lomicka, Jennifer	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
9	4:48.25 L	F	Hall, Bailey M	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
10	4:49.47 L	F	Sweeney, Maggie	13	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours

Women 13-14 800 Free

1	9:24.39 L	F	Jones, Kaitlin S	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
2	9:28.02 L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
3	9:43.18 L	F	Iverson, Kayla N	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
4	9:45.27 L	F	Hall, Bailey M	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
5	9:52.86 L	F	Woods, Alyssa	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
6	9:56.39 L	F	Gray, Nicole A	13	NOVA	-	VA 5/3/20082008 Jeff Rouse Open Invitational
7	10:01.21 L	F	Buscaglia, Caroline O	13	SQST	-	VA 5/3/20082008 Jeff Rouse Open Invitational
8	10:02.34 L	F	Winkler, Claire	14	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
9	10:04.07 L	F	Kennedy, Maddie	14	GATR	-	VA 5/9/20082008 NC New South Swimming LC Invit
10	10:04.82 L	F	Lomicka, Jennifer	14	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on

Women 13-14 1500 Free

1	18:07.96 L	F	Jones, Kaitlin S	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
2	18:38.20 L	F	Iverson, Kayla N	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
3	19:22.74 L	F	Mackey, Tara E	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
4	19:28.68 L	F	Egress, Emily R	13	TIDE	-	VA 5/31/2008TIDE Mile Meet 2008
5	19:31.39 L	F	Smith, Haley B	13	TIDE	-	VA 5/31/2008TIDE Mile Meet 2008
6	19:44.14 L	F	Phillips, Becca	13	ODAC	-	VA 5/17/20082008 PV FISH LC Derby
7	19:45.57 L	F	Buscaglia, Caroline O	13	SQST	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
8	19:47.70 L	F	Egress, Alexandra B	14	TIDE	-	VA 5/31/2008TIDE Mile Meet 2008
9	20:08.90 L	F	Campbell, Katie	14	CCA	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
10	20:10.86 L	F	Mendel, Erica S	13	SQST	-	VA 6/13/20082008 Edwin C. Cuttino Memorial

Women 13-14 100 Back

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Zone Team Top 10
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1	1:08.97	L	F	Harper, Holly	14	GATR	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
2	1:09.70	L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
3	1:10.50	L	F	Flinn, Mary	14	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
4	1:11.19	L	F	Cronk, Natalie A	14	CYAC	-	VA 6/7/2008Rays LC A/BB/B/C Meet
5	1:11.36	L	F	Carner, Amanda D	14	CGBD	-	VA 6/7/20089th Annual Blue and Yellow Intrasquad
6	1:11.59	L	P	Gray, Nicole A	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	1:12.09	L	F	Jones, Kaitlin S	14	SQST	-	VA 6/20/2008Coventry Commonwealth Games of Vir
8	1:12.11	L	F	Bandman, Casey E	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
9	1:12.56	L	P	Roseberry, Nataliee	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
10	1:12.74	L	F	Areson, Christine J	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on

Women 13-14 200 Back

1	2:30.30	L	F	Carner, Amanda D	14	CGBD	-	VA 6/7/20089th Annual Blue and Yellow Intrasquad
2	2:30.42	L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
3	2:31.50	L	P	Bandman, Casey E	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
4	2:32.46	L	F	Harper, Holly	14	GATR	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
5	2:33.39	L	F	Gray, Nicole A	13	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
6	2:34.22	L	P	Areson, Christine J	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
7	2:35.57	L	F	Jones, Kaitlin S	14	SQST	-	VA 5/3/20082008 Jeff Rouse Open Invitational
8	2:35.81	L	F	Winston, Lindsey J	14	BAC	-	VA 5/3/20082008 Jeff Rouse Open Invitational
9	2:36.16	L	F	Flinn, Mary	14	RAYS	-	VA 6/7/2008Rays LC A/BB/B/C Meet
10	2:36.30	L	F	Ward, Colleen A	14	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on

Women 13-14 100 Breast

1	1:15.20	L	F	Carnes, Blair M	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
2	1:16.14	L	P	Ross, Olivia C	13	PSDN	-	VA 6/5/20082008 NC Charlotte UltraSwim
3	1:17.97	L	F	Young, Katie A	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
4	1:19.56	L	F	Robinson, Molly	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
5	1:19.95	L	F	Brumbaum, Kayla H	13	RPST	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
6	1:20.47	L	P	Martin, Natalie A	14	PATS	-	VA 3/13/20082008 PV Speedo Championship Series
7	1:20.67	L	F	Stephens-Pickeral, Ali C	13	HA	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
8	1:21.57	L	F	Wingfield, Amber N	14	LY	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
9	1:21.84	L	F	Jones, Kaitlin S	14	SQST	-	VA 5/3/20082008 Jeff Rouse Open Invitational
10	1:23.06	L	F	Campbell, Katie	14	CCA	-	VA 6/13/20082008 NC WAVE Capital City Invitationa

Women 13-14 200 Breast

1	2:39.72	L	F	Carnes, Blair M	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
2	2:41.62	L	P	Ross, Olivia C	13	PSDN	-	VA 6/5/20082008 NC Charlotte UltraSwim
3	2:47.03	L	P	Young, Katie A	14	GATR	-	VA 3/27/20082008 Central Zone Section 3 Champio
4	2:51.90	L	P	Martin, Natalie A	14	PATS	-	VA 3/13/20082008 PV Speedo Championship Series
5	2:53.19	L	F	Carner, Amanda D	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
6	2:54.96	L	F	Wingfield, Amber N	14	LY	-	VA 6/13/20082008 NC WAVE Capital City Invitationa
7	2:56.51	L	P	Zoldork, Natalie C	14	VACS	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
8	2:57.01	L	P	Becker, Lauren H	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
9	2:57.03	L	F	Brumbaum, Kayla H	13	RPST	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
10	2:57.16	L	F	Stephens-Pickeral, Ali C	13	HA	-	VA 6/13/20082008 NC WAVE Capital City Invitationa

Women 13-14 100 Fly

1	1:06.94	L	P	Jones, Kaitlin S	14	SQST	-	VA 5/24/20082008 PV Virginia State LC Champs
2	1:07.53	L	F	Summa, Athena	13	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
3	1:08.29	L	P	Iverson, Kayla N	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
4	1:09.33	L	P	Sweeney, Maggie	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
5	1:09.58	L	F	Edsall, Kacy	14	CCA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
6	1:09.67	L	P	Carner, Amanda D	14	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	1:09.95	L	F	Hall, Bailey M	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
8	1:10.32	L	F	Kula, Audrey C	14	QDD	-	VA 6/7/2008Rays LC A/BB/B/C Meet
9	1:10.42	L	F	Robinson, Molly	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
10	1:10.46	L	P	Buscaglia, Caroline O	13	SQST	-	VA 5/24/20082008 PV Virginia State LC Champs

Women 13-14 200 Fly

1	2:25.25	L	F	Iverson, Kayla N	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
2	2:26.06	L	F	Hall, Bailey M	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
3	2:34.19	L	P	Sweeney, Maggie	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
4	2:34.40	L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
5	2:34.58	L	F	Buscaglia, Caroline O	13	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
6	2:34.62	L	F	Fredericksen, Sarah	13	LY	-	VA 6/27/2008Lynchburg Firecracker Invitational 200
7	2:35.12	L	F	Carner, Amanda D	14	CGBD	-	VA 6/7/20089th Annual Blue and Yellow Intrasquad
8	2:36.59	L	P	Robinson, Molly	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
9	2:37.87	L	F	Egress, Emily R	13	TIDE	-	VA 6/7/2008Rays LC A/BB/B/C Meet
10	2:38.62	L	F	Baker, Lauren R	14	SQST	-	VA 6/20/2008Coventry Commonwealth Games of Vir

Women 13-14 200 IM

1	2:30.19	L	F	Jones, Kaitlin S	14	SQST	-	VA 5/3/20082008 Jeff Rouse Open Invitational
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2	2:31.55 L	P	Carnes, Blair M	13	NOVA	-	VA 6/5/20082008 NC Charlotte UltraSwim
3	2:32.98 L	P	Carner, Amanda D	14	CGBD	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
4	2:33.57 L	P	Ross, Olivia C	13	PSDN	-	VA 6/5/20082008 NC Charlotte UltraSwim
5	2:33.64 L	F	Summa, Athena	13	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
6	2:33.72 L	P	Gray, Nicole A	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	2:33.92 L	F	Snidow, Lindsay	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
8	2:33.97 L	F	Bandman, Casey E	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
9	2:34.00 L	F	Areson, Christine J	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
10	2:35.82 L	F	Cronk, Natalie A	14	CYAC	-	VA 6/7/2008Rays LC A/BB/B/C Meet

Women 13-14 400 IM

1	5:16.91 L	F	Carner, Amanda D	14	VA	-	VA 8/8/2007Eastern Zone Age Group Long Cours
2	5:18.71 L	F	Carnes, Blair M	13	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
3	5:19.92 L	F	Jones, Kaitlin S	14	SQST	-	VA 5/3/20082008 Jeff Rouse Open Invitational
4	5:20.22 L	P	Ross, Olivia C	13	PSDN	-	VA 6/5/20082008 NC Charlotte UltraSwim
5	5:25.47 L	F	Cronk, Natalie A	14	CYAC	-	VA 6/7/2008Rays LC A/BB/B/C Meet
6	5:25.50 L	F	Sweeney, Maggie	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
7	5:25.92 L	P	Areson, Christine J	13	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
8	5:26.14 L	P	Snidow, Lindsay	14	NOVA	-	VA 5/16/20082008 NC Josh Weaver Memorial Meet on
9	5:28.11 L	F	Bandman, Casey E	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial
10	5:28.20 L	F	Lomicka, Jennifer	14	NOVA	-	VA 6/13/20082008 Edwin C. Cuttino Memorial